

Tips for Dealing with Depression

- Find treatment as soon as possible, as studies have shown that those who get treatment sooner have fewer problems later on.
- Try to do things once enjoyed: go see a movie, exercise, and spend time with friends. Be active!
- Be realistic, getting better is not instant!
- Set goals for yourself that you can achieve, and acknowledge when you have completed them.
- Try to spend time with people you trust. Isolating yourself hurts more in the long run.
- Your mood won't just change overnight; it will take time.
- Don't make important decisions during this time, like getting married, quitting jobs or school, or getting a divorce. Talk to others that know you and will be unbiased.
- Positive thinking will start to take over your negative thoughts as you take medications and/or treatment for your depression.
- Take time to educate yourself about depression. It can help you better understand what is going on.
- You may not want to socialize, or talk with other people. Remember that when you don't want to talk is the time when you most need to.



For More Information, Call:

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References:

Depression. (2011). National Institute of Mental Health (NIMH). Retrieved from <http://www.nimh.nih.gov/health/publications/depression/index.shtml>

Major Depression Fact Sheet. (2013). The National Alliance on Mental Illness. Retrieved from http://www.nami.org/factsheets/depression_factsheet.pdf

Additional reading:

Darkness Visible: A Memoir of Madness (1992), by William Styron

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (2007), by Mark Williams, John Teasdale, Zindel Segal, & Jon Kabat-Zinn

Love Yourself Like your Life Depends on it (2012), by Kamal Ravikant

The Noonday Demon (2001), by Andrew Solomon

Depression

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Getting Through the Down Times

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Understanding Depression

Feeling blue or sad is something that happens to everyone, and happens occasionally. Depression, however, lasts longer and significantly affects your life. Depression is a common illness, which affects roughly 1 in 3 people in their life. Still, depression is serious. Depression often affects your sleep, work, school, personal, and daily life. People who suffer with depression may only have one episode, but it can happen again. Getting treatment is the best thing you can do if you feel depressed.

Your depression can also look different, based on certain situations. You can have long periods of depression, have depression after having a child, or during a certain time of the year.

What Causes Depression?

There really isn't a direct cause to depression. Several factors are believed to cause it, such as genetics, biology, environmental stressors, and psychological factors. Stressors like the loss of a loved one, past trauma, and difficult life circumstances can also trigger depression.

What Does Depression Look Like?

Depression can look different in people. Symptoms usually include: persistent sad/anxious feelings, feeling guilty or helpless, feeling worthless, irritability, restlessness, loss of interest in activities that were once enjoyed, fatigue or exhaustion, trouble paying attention or remembering things, trouble making decisions, sleeping too much or not sleeping at all, eating too much or not eating often, aches and pains that won't go away, and thoughts of attempting suicide or suicide attempts.

If you or someone else has been having these feelings, it is a good idea to talk to someone and see if therapy and/or medication may help you feel better!

Therapy is the best action to take when dealing with depression, and Cognitive Behavioral Therapy (CBT) is best. CBT focuses on looking at the thoughts and beliefs that come up which make a person feel that way, and find alternative thinking patterns to change that belief.

What Depression looks Like for LEO's?

Law enforcement officers have very similar symptoms compared to the general population. Certain things may be more visible. In some cases, irritability can be even more present. Officers are experiencing stressful

situations, and stress or depression can look like a person is just irritable.

Sleep disturbances may be present, but not as noticeable with shifts that can affect sleep (such as night shifts or swing shifts).

Officers may often hide their feelings of depression; so, a lack of emotions may be present for officers dealing with depression.

